



# AWAKENING MUSIC BOOKS

## December 2024

Music - Books - Healing - Podcasts



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FREE December Gift

**Give your pet the gift of  
healing music this holiday**



# Healing Pets Through Music

## Music Therapy: What's Good for the Dog is Good for the Cat, Too

The power of music to affect our emotional state has long been valued in human cultures across history, but only recently have we attempted to differentiate whether or not animals have similar responses to music. Unsurprisingly, the answer is yes though their preferences may not be quite the same as ours.

[Click here to listen to and download our special "Healing Music for Pets" music](#)

[Click Here For the rest of the Story](#)

## *Nutrition Tip of the Month*

Pomegranates provide potent polyphenol antioxidants which have been shown to help reverse chronic disease and fight cancer. They improve heart health and the urinary tract especially, while also improving exercise endurance.

Increasing polyphenols in our daily routines can lead to extraordinary health benefits, and pomegranates are a great seasonal source!

[Click Here For More Pomegranate Info](#)



## Herbal Medicine Chest

Featuring: Dr. Earl Mindell, Pharmacist/Herbalist  
& Linda Runyon (The Wild Foods Lady), Herbalist



Elderberry is one of the oldest and most time tested cold and flu remedies from traditional herbal medicine. By providing a boost to our immune system, elderberry improves our whole body's functions. Elderberry is a powerhouse of natural medicine and should be a part of every home's Herbal Medicine Chest.

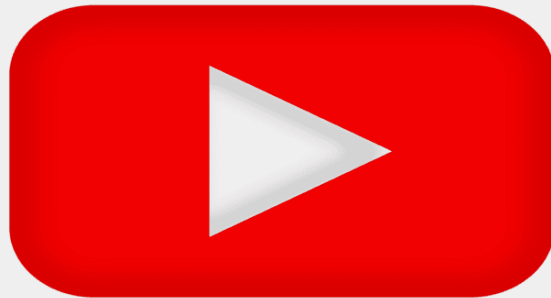
[Click Here for more Elderberry info](#)

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AWAKENING MUSIC BOOKS



**Tik Tok**



## NEWEST BOOK

## How To Live Pure In An Impure World



When you keep sin in the dark it grows. When you put it in the light it dies. Living pure in a fallen tolerant world is a life decision we all need to make.

It is crazy at how simple it is to justify sin. It is crazy at how simple it is to give into temptation.

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The Nationally Acclaimed “Healthy Grocer” and “Homeostasis” Radio Show Podcasts Can Now Be Heard anytime at

[www.awakeningmusicbooks.com](http://www.awakeningmusicbooks.com)



THE HEALTHY GROCKER RADIO SHOW  
Topic: Benefits of CBD

[CLICK HERE TO LISTEN AND DOWNLOAD THIS SHOW](#)

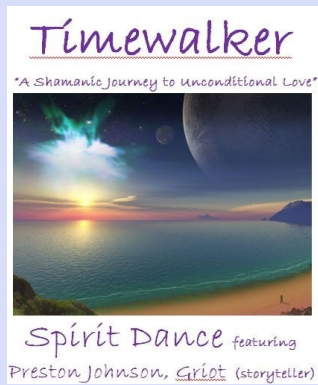
HOMEOSTASIS  
Radio Show/Podcast  
Topic: Overcoming Hostility in Relationships

[CLICK HERE TO LISTEN AND DOWNLOAD THIS SHOW](#)



Executive Producer: Awakening Music Books  
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## FREE December Gift



**Timewalker: A Shamanic Journey to  
Unconditional Love Is this month's  
FREE Gift**

**FREE December Gift: Click Here to  
Download**

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